

Feeding OUR **Families**

Shopping List

Non-perishable Wishlist

- Canned Fruits – Low Sugar (preferred)
- Canned Vegetables – Low Sodium (preferred)
- Canned Soups – Low Sodium (preferred)
- Canned Fish/Protein
- Rice (White and/or Brown)
- Cereal – Low Sugar (preferred)
- Canned/Dried Beans
- Peanut Butter
- Pasta (Regular and/or Whole Grain)
- Hygiene Items (Shampoo, Toothpaste, Deodorant, etc.)
- Diapers (Children and/or Adults)
- Non-Food Essentials (Household Items, Paper Products)

No dairy, no glass, no produce, please!

PRESENTED BY

